

Town of Fort Myers Beach Parks & Recreation September & October 2015 Newsletter





The Town of Fort Myers Beach Parks and Recreation Department

Meet the Staff

Bay Oaks Recreational Campus: (239) 765-4222

Newton Park: (239) 765-4222 (Bay Oaks)

Beach Pool: (239) 463-5759

Parks & Recreation Director: Randy Norton

Recreation Coordinator: Sarah Mayher

Recreation Coordinator: Adam Leicht

Recreation Coordinator: Kyle Karczewski

***All Parks and Recreation Staff is CDC Concussion
Safety , CPR, AED, and Emergency Management
Certified***

Table of Contents

<u>Program</u>	<u>Pages</u>
Special Events	2
Youth & Teen Programs	3-4
Adult Programs	5-7
Senior Programs	8-9
Aquatics	10-11
Newton Park	12

Bay Oaks & Pool Closures

September 7th– Labor Day

October 12th– Columbus Day

Bay Oaks Recreational Campus Advisory Board (BORCAB)

Members: Betty Simpson (chair)
Rae Sprole (vice-chair)
Becky Bodnar
Tom Myers
David Anderson
Denise Monahan
Janna Holmes

Town Council Liaison: Council Member Summer Stockton

Upcoming Meetings: No September Meeting
October 1st



Special Events



Family Fright Night XXV Special 25th Anniversary

Join us on Friday, October 23rd at 6:00pm as we host the special 25th anniversary edition of our annual Family Fright Night Halloween party! There will be games, music, food, refreshments, prizes, a costume contest, hay rides, haunted house, haunted trail, and of course candy! There is something for all ages! Volunteers are needed for all areas of entertainment. If you would like to be a part of the action, contact us at (239) 765-4222 and let us know which area you are interested in.

When: Friday, October 23rd. 6:00pm-9:00pm.

Fee: \$4/Individual. \$10/Family (up to 4 people).



Farmers Market

Starting in November, we will be hosting a the Fort Myers Beach Farmer's Market from 7:30am—11:30am every Friday until the end of April. Vendors will be set up in the parking lot of the Fort Myers Beach Pool.

- Fresh Fruits
- Locally Grown Vegetables
- Kettle Popcorn
- Assorted Jams

**Every Friday, November through April
7:30am—11:30am.**



Family Pumpkin Carving Night

Join family and friends for a night of fun. Come carve pumpkins to take home and display as your very own Halloween decoration. We will supply everything you need. Just bring your imagination!

When: Tuesday, October 27th. 6:00pm-8:00pm.

Fee: FREE

Fort Myers Beach Community Yard Sale

One Man's trash is another man's treasure!

On Saturday November 14th we will provide the yard and customers, you provide the sales! This will be a giant community garage sale for those who have items to sell, but want to avoid the hassle of hosting a garage sale. Interested in selling? The cost for a table is only \$10 for the entire day. Spots are limited so reserve yours today

When: Monday, November 14th.

Fee: \$10/Table. Free to shop!

Teen & Youth Programs



Club Rec

Fall Semester

August 24th-January 21st

\$100/ Bay Oaks Member per semester.

\$135/Non-Member per semester.

Club Rec is open to all students grade K-5. Club Rec operates on all days that school is in session and not a Town of Fort Myers Beach holiday.



Toddler Tuesdays

Toddler Tuesdays is a relatively new program at Bay Oaks that has continued to grow each week. A portion of the gym will be designated to children ages 4 and under. This is a drop in program that allows parents and their little's a chance to explore and play in a fun and safe environment. Play with supplied toys or bring your own.

When: Tuesdays, 10:00am-11:00am.

Fee: Free/Member. \$2/Non-Member.

Parents Night Out

PNO offers a night out for parents while your children are being safely supervised in a fun and exciting environment at Bay Oaks. Check out that restaurant you've heard so much about, catch a movie, enjoy a romantic evening together, we will take care of the rest. PNO is from 7pm-11pm.

When: September 25th.
October 30th.

Fee: \$10/Member. \$12/Non-Member.

Fun Days

When school is out make it a Fun Day at Bay Oaks. Fun Days are open from 7:30am-6pm, and offered to kids grades K-8. Fun Days offer a wide variety of activities so you know you won't get bored. All participants are asked to bring a lunch and arrive before 9am. Registration forms can be found online at www.fortmyerbeachfl.gov or by stopping by the Rec Center.

Registration Deadline: Pre-registration is recommended.

When: Monday, September 14th.

Fee: \$15/Member. \$18/Non-Member.



Teen & Youth Programs



Mike Greenwell's & CiCi's Pizza



In September we will be returning to one of our favorite local destinations, Mike Greenwells Family Fun Park. This will include arcade games, bathing cage tokens, miniature golf and go kart rides. Afterwards we will head over to CiCi's pizza buffet in Cape Coral. What else could a kid ask for?

When: Saturday, September 12th. Van will leave at 4pm and return around 10pm.

Fee: \$18/members. \$20/non-members.

Friday Teen Hockey

Bay Oaks will host a teen drop in hockey league every Friday from 6-8pm. Any kids between the ages of 12-17 are invited to come out and play. We have a full rink we set up. Don't forgot your roller blades! We can provide hockey sticks.



When: Every Friday at Bay Oaks.

Fee: Free/Members. \$4/Non-Members

Florida Everblades

The Florida Everblades are the local ECHL hockey team based out of Germain Arena. The games are not stop excitement as the team tries to make it back to the Kelly Cup Finals.

When: Saturday, October 17th. Van leaves at 5:45 and returns at 10pm.

Fee: \$13/members. \$15/non-member.

Fright Night—Haunted Walk

Need volunteer hours?

Last year we had our first Haunted Walk as a part of our Fright Night. It was a huge success and we will need even more volunteers this year. Make sure to sign up ahead of time at Bay Oaks so we can place you in our haunted walk or haunted house.

When: Saturday, October 24th.



Fishing and Paddleboarding



Before season hits, take a trip with us to the Sanibel Causeway to fish and test out our new Paddleboards. We have a few poles to lend out, but we suggest bringing your own. Lunch and bait will be provided on this trip.

When: Saturday, September 26th. Van will leave at 11am for this trip and return around 4pm.

Fee: \$2/members. \$4/non-members.

Adult Programs



Fitness Room

The Al Oerter Weight Room at Bay Oaks Recreation Center is the largest public workout facility on Fort Myers Beach. It offers all the exercise equipment you will need to achieve your fitness and wellness goals. The namesake Al Oerter is a four-time United States Olympic champion in the discus throw and was a Fort Myers Beach Resident who donated equipment to Bay Oaks before passing away in 2007.



The fitness room offers:

8 Piece weight circuit– Chest Press, Shoulder Press, Pec/Delt Fly, Abdominal Crunch, Lat/Tricep Pull-down, Bicep Curl, Leg Extension and Leg Curl.

2 Treadmills

1 Recumbent Bike

1 Stair-Stepper

2 Ellipticals

Smith Machine

Free Weight dumbbells, bars and attachments

50 inch flat screen T.V.

Fee: Free/Member. \$4/Non-Member.

Fitness Room Hours:

Monday - Friday: 7:30am - 9:00pm

Saturday: 10:00am - 9:00pm

Sunday: Closed

Free Fitness Center Orientation

Just starting to learn how to workout? No problem! Bay Oaks offers a “free” weight room orientation to all members. In this class you will learn how to properly use each piece of equipment in the Fitness Center. The staff member leading the class will also give you tips and tricks on how to workout different parts of your body. Pre-registration is required., Call (239) 765-4222.

When: Mondays at 11:00am.

Fee: Free/Member. \$4/Non-Member.

Adult Programs



No charge cards accepted for fitness classes, cash only.

Yoga

Come experience the relaxation and fitness benefits of Yoga at Bay Oaks. No experience necessary. Learn the postures and techniques in a fun and friendly environment. Mats and hand weights are provided if needed. *Taught by Laura Paradiso.*

When: Tuesday & Thursday at 7:45am.

Fee: Single Class- \$10/Member. \$12/Non-Member.
10 Class Punch Card- \$90/Member. \$110/Non-Member.

Newton Park Pilates

Pilates is a system of controlled exercises that engage the mind and condition the total body. The blend of strength and flexibility training improves posture, reduces stress and creates long, lean muscles without bulking up. Pilates takes a balanced approach so that no muscle group is overworked and the body moves as an efficient, holistic system in sport and daily activity. Some mats are provided but bringing your own is suggested. *Taught by Kristi West.*
At Newton Park, 4650 Estero Blvd.

When: Monday & Wednesday at 9:00am.

Fee: \$10/Member. \$12/Non-Member.

Open Volleyball

Bay Oaks offers open volleyball on Tuesday nights. Come and join us for a few games of friendly competition. We provide all of the equipment just bring your game and we'll see you there.

When: Tuesday 6:00pm-9:00pm.

Fee: Free/Member. \$4/Non-Member.

Open Basketball

Enjoy some fun, friendly basketball on one of our open basketball nights! Come alone and join up with other players or bring a group of friends. Everyone is welcome!

When: Thursday & Friday 6:00pm-9:00pm.
Saturday 1:00pm-9:00pm

Fee: Free/Member. \$4/Non-Member.

Newton Park Yoga

Come join us for a Yoga class in the cozy beachfront cottage of the late Jim Newton, author of "Uncommon Friends" Bring a yoga mat and any props you may have. Some mats and props are available in class. *Taught by Susan Carter*
At Newton Park, 4650 Estero Blvd.

When: Tuesday at 5:45pm.

Fee: \$10/Member. \$12/Non-Member.



Newton Park Gentle & Fire Flow Yoga

Gentle Yoga is a basic Yoga class suitable for everyone. This class combines gentle movement with finding stillness and helps to calm the nervous system.

Fire flow Yoga, May include inversions, heart openers, and arm balances. Variations and options will be offered so you can work at your own level. Class ends with a guided meditation to calm the nervous system. *Taught by Christina Denegre.*
At Newton Park, 4650 Estero Blvd.

When: Friday at 8:15am– Gentle Yoga
Friday at 9:15am– Fire Flow Yoga

Fee: \$10/Member. \$12/Non-Member.

Newton Park Acting Classes

This fall, Bay Oaks will be hosting our Adult Co-Ed Softball League. The league is based on modified co-ed rules that only requires a 3 female minimum per team. Each team will receive custom team jerseys for each player and an 8 game regular season followed by playoffs.

When: Wednesday & Thursday at 6:00pm

Fee: 8 Class Session
\$120/Bay Oaks Members. \$140/Non-Members.
4 Class Punch Card
\$80/Bay Oaks Members. \$100/Non-Members.
Single Class
\$25/Bay Oaks Members. \$30/Non-Members.

Adult Programs



Open Inline Hockey

A new program to Bay Oaks, Open Inline Hockey will be held for adults 18 and over on Thursday at 6:00pm and kids under 18 on Friday at 6:00pm. Bring your own skates. Helmets and sticks are required. Some are available for loan but bringing your own is welcomed. It is played outside so if weather is in question please call one of our staff members for an update on the playing status for that night.

When: Adults– Thursday at 6:00pm. Kids– Friday at 6:00pm.

Fee: Free/Members. \$4/Non-Members.



Adult Basketball League

Calling all basketball players! The Bay Oaks basketball league is back for its fall season. All games will be played on Monday nights starting at 6:00pm. Each team will receive 10 custom team jerseys with registration. There will be an 8 game regular season followed by playoffs. Spots are limited to the first 8 teams to sign up and pay so register today to reserve your spot!

When: Mondays, 1st Game starting @ 6:00pm

Fee: \$450/Team

Season Begins: 10/5

Registration Ends: 9/21



Co-Ed Softball League

This fall, Bay Oaks will be hosting our Adult Co-Ed Softball League. The league is based on modified co-ed rules that only requires a 3 female minimum per team. Each team will receive custom team jerseys for each player and an 8 game regular season followed by playoffs.

When: Wednesdays, 1st Game starting @ 6:00pm

Fee: \$450/Team

Season Begins: 10/21

Registration Ends: 10/7

Wiffleball League

Join one of the area's most unique athletic leagues. Bay Oaks Rec Center's Wiffleball League is a smaller version of baseball, played 4 on 4 on a fully custom indoor stadium. Each team will receive custom team jerseys for each player and an equipment package to practice with. There will be a 10 game regular season followed by playoffs. Must be 16 years of age to participate.

When: Wednesdays, 1st Game starting @ 6:00pm

Fee: \$150/Team

Season Begins: 10/28

Registration Ends: 10/14

Senior Programs



Pickleball

Pickleball is a tennis-like game that is played indoors with paddles. This low-impact sport is perfect for seniors. Come grab a paddle and check it out!

When: Wednesdays, 10am-1pm.
Saturdays, 10:30am-12pm.

Fee: Free/Members. \$4/Non-Member.



Dominos and Activities Day

Make sure to stop by Bay Oaks during the week to join in a game of Dominos or participate in our Activities Day program. Snacks and refreshments will be available.

When: Dominos: Mondays & Thursdays
at 12pm

Activities Day: Tuesday @ 10am.

Fee: Free/Members. \$4/Non-Members.

Kayaking Trip

The Bay Oaks Social Seniors will enjoy an afternoon paddling through Lovers Key beautiful mangrove protected estuary. Bay Oaks will provide the kayaks, life jackets and paddles.

When: Wednesday, October 14th.

Fee: \$20Members. \$24/Non-Members.

Mahjong

Consider Bay Oaks for some Mahjong. The game is played with 4 people and a set of 144 tiles based on Chinese characters and symbols. A volunteer will be there to teach the game to newcomers.

When: Every Friday, 1pm-4pm.

Fee: Free/Members. \$4/Non-Members.

Monthly Potluck

Potluck is now at Newton Park.

On **September 9th and October 7th**, let's plan to come together for a time of socializing and some of the best home cooking around! We'll provide the fried chicken, you bring your favorite dish. The Town always provides all the place settings and drinks as well. Lunch will be served at noon.

Senior Programs



30th Annual Cape Coral Oktoberfest

Take a trip with your friends from the BOSS program to the 29th Annual Oktoberfest in Cape Coral. This festival celebrates the German culture and is a great time filled with music, polka dancing, home-made German food, crafts, beverages and more.

When: Saturday, October 17th. 12pm-6pm.
Van leaves BORC @ 12pm.

Fee: \$10/Members. \$13/Non-Members.

Out to Lunch Bunch

The Out to Lunch Bunch meets the 4th Wednesday of the month to enjoy outings at some of the finest local establishments. Come with us and make some new friends next trip!
Van will leave at 11:15am for these trips.

When: September 23rd (Cape Cod Fish Co.).
October 28th (Two Meatballs in the Kitchen).

Fee: \$2/Member. \$3/Non-Member..

Dick Hyman-Big Bands & Combos Shellpoint Summer Concert Series

Dick Hyman has had a long-standing career as a pianist, organist, arranger, music director, and composer..

Join us for an evening of Big Band music, including documentaries and film clips of some of the greats, like Benny Goodman, Louis Armstrong, Duke Ellington, and other favorites of the 1930's, 40's, and 50's. Following each clip, Hyman jams on his own in solo version, highlighting score after score of the most popular big band recordings of all times.

When: Thursday, September 10th.
Van Leaves @ 6:15, show starts @ 7:30.

Fee: \$26/Members. \$30/Non-Members.



BOSS Social Bridge

Play social Bridge at Chapel by the Sea . Coffee, water and snacks will be served. Donations are also encouraged to be made to Chapel.

When: Monday and Thursday, 1pm-4pm.

Fee: Donation/Members. \$4/Non-Members.

Beach Pool



Water Aerobics

Water Aerobics consists of large rhythmic movements, performed in water to increase heart rate and improve cardiovascular fitness. The resistance of water adds toning and strengthening to major muscle groups, while the water decreases impact to the joints. There is bouncing and jumping in the class.

When: Monday, Wednesday and Friday.
9am-10am.

Fee: \$4/ Members. \$5/Non-Members.

Aqua Jogging

Aqua Jogging is a dynamic exercise that utilizes the pool for more resistance and a harder workout. It is a nonstop full body workout that transitions between jogging and stationed exercise focusing on different muscle groups.

When: Saturday. 9am-10am.

Fee: \$4/Members. \$5/Non-Members.

100 Mile Club

New to the Beach Pool is the 100 mile club. This club is for Member Lap Swimmers. Each time you come to the pool we will record your total distance and keep track of it throughout the year. At the end of the year if you reached a total distance of 100 miles you will receive a t-shirt and your name and picture on the 100 Mile Board. There will be monthly postings and updates on everyone's total distance.

Fee: Free/Members. \$4.50/Non-Members.



Obstacle Course

One of the newest additions to our facility is the obstacle course. It is a 25 meter long floating obstacle course with slides, trampolines and other features that will require you to duck, climb over and slide your way to the finish line. The obstacle course is included in all pool entrance fees and will be available during all pool operation hours. All obstacle course users must be capable of swimming one unassisted pool length lap to participate.



Swim Club

Swim Club is back at the FMB Pool for kids that might be interested in swimming at the next level. From the Freestyle stroke to the hard but effective Butterfly stroke, your swimming skills are sure to improve in just a few sessions. Just remember to bring goggles and a towel.

When: Saturdays, 10am-11am.

Fee: FREE/ Members. \$2.50/Non-Members.

Private Swim Lessons

Call us today to register for Private Swim Lessons with one of our highly qualified swim instructors. We offer flexible scheduling to fit your needs. Whether you are just starting out and learning the basics or are an experienced swimmer looking to improve your skills, our instructors will plan lessons that will help you achieve your swimming goals.

Fee: \$40/8-30 minute sessions

Beach Pool



September 2015

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Water Aerobics 9-10am Open 10am-6pm	2 Closed	3 Water Aerobics Open 10am-6pm	4 Open 10am-6pm
5 Senior Swim 10-12 Open 12pm-6pm	6 Water Aerobics Open 10am-6pm	7 Closed	8 Water Aerobics Open 10am-6pm	9 Closed	10 Water Aerobics Family Night 6-9pm Open 10am-6pm	11 Swim Club 10-11am Open 10am-6pm
12 Senior Swim Open 12pm-6pm	13 Water Aerobics Open 10am-6pm	14 Closed	15 Water Aerobics Open 10am-6pm	16 Closed	17 Water Aerobics Open 10am-6pm	18 Swim Club 10-11am Open 10am-6pm
19 Senior Swim Open 12pm-6pm	20 Water Aerobics Open 10am-6pm	21 Closed	22 Water Aerobics Open 10am-6pm	23 Closed	24 Water Aerobics Family Night 6-9pm Open 10am-6pm	25 Swim Club 10-11am Open 10am-6pm
26 Senior Swim Open 12pm-6pm	27 Water Aerobics Open 10am-6pm	28 Closed	29 Water Aerobics Open 10am-6pm	30 Closed		

October 2015

SUN	MON	TUE	WED	THU	FRI	SAT
				1 Closed	2 Water Aerobics 9-10am Open 10am-6pm	3 Aqua Jogging 9-10am Swim Club 10-11am Open 10am-6pm
4 Senior Swim 10-12 Open 12pm-6pm	5 Water Aerobics Open 10am-6pm	6 Closed	7 Water Aerobics Open 10am-6pm	8 Closed	9 Water Aerobics Family Night 6-9pm Open 10am-6pm	10 Aqua Jogging Swim Club Open 10am-6pm
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25 Senior Swim Open 12pm-6pm	26 Water Aerobics Open 10am-6pm	27 Closed	28 Water Aerobics Open 10am-6pm	29 Closed	30 Water Aerobics Open 10am-6pm	31 Aqua Jogging Swim Club Open 10am-6pm

Newton Park



Rent Newton Park

Enjoy the beautifully restored Seven Seas beach cottage at Newton Park, once home to James and Eleanor Newton. Jim, most well known for authoring the book, "Uncommon Friends" and his wife, Eleanor, who published two books herself, hosted large tea parties with upwards of 50 distinguished people. Now you can host your own event at Seven Seas too. Also available for your outdoor get together is the chickee picnic pavilion with three picnic tables. Contact our office at (239)765-4222.

Gentle & Fire Flow Yoga

Gentle Yoga is a basic Yoga class suitable for everyone. This class combines gentle movement with finding stillness and helps to calm the nervous system.

Fire flow Yoga, May include inversions, heart openers, and arm balances. Variations and options will be offered so you can work at your own level. Class ends with a guided meditation to calm the nervous system.

Taught by Christina Denegre.

When: Friday at 8:15am– Gentle Yoga
Friday at 9:15am– Fire Flow Yoga

Fee: \$10/Member. \$12/Non-Member.

Newton Park Yoga

Come join us for a Yoga class in the cozy beachfront cottage of the late Jim Newton, author of "Uncommon Friends". Experience basic and challenging yoga poses designed to relax the mind and body. Bring a yoga mat and any props you may have. Some mats and props are available in class.

When: Tuesday at 5:45pm & Thursday at 9:00am.

Fee: \$10/Members. \$12/Non-Members.

Newton Park Amenities

- ◆ Indoor Cottage Available for Rentals
- ◆ Public Restrooms
- ◆ Public Showers
- ◆ 2 Bocce Ball Courts
- ◆ Chickee Hut Covered Picnic Areas
- ◆ Metered Beach Front Parking

Newton Park Pilates

Pilates is a system of controlled exercises that engage the mind and condition the total body. The blend of strength and flexibility training improves posture, reduces stress and creates long, lean muscles without bulking up. Pilates takes a balanced approach so that no muscle group is overworked and the body moves as an efficient, holistic system in sport and daily activity. Some mats are provided but bringing your own is suggested.

When: Monday & Wednesday at 9:00am.

Fee: \$10/Member. \$12/Non-Member.



Newton Park Acting Classes

This fall, Bay Oaks will be hosting our Adult Co-Ed Softball League. The league is based on modified co-ed rules that only requires a 3 female minimum per team. Each team will receive custom team jerseys for each player and an 8 game regular season followed by playoffs.

When: Wednesday & Thursday at 6:00pm.

Fee: 8 Class Session

\$120/Bay Oaks Members. \$140/Non-Members.

4 Class Punch Card

\$80/Bay Oaks Members. \$100/Non-Members.

Single Class

\$25/Bay Oaks Members. \$30/Non-Members.

Beach Walk at Newton Park

Explore the natural treasures on Fort Myers Beach through a guided walk along the shore by Mound House staff biologist and Florida Master Naturalist, Parke Lewis. Participants should wear sunscreen, appropriate clothing, shoes and hats. Tours last approximately 1 hour.

Please contact the Mound House at (239) 765-0865

When: Wednesday at 9:00am.

Fee: Free.

September & October 2015

Bay Oaks Hours of Operation

Sunday: Closed

Monday: 7:30am-9pm

Tuesday: 7:30am-9pm

Wednesday: 7:30am-9pm

Thursday: 7:30am-9pm

Friday: 7:30am-9pm

Saturday: 10am-9pm

Beach Pool Hours of Operation

Sunday: 12pm-6pm

Monday: 10am-6pm

Tuesday: Closed

Wednesday: 10am-6pm

Thursday: Closed

Friday: 10am-6pm

Saturday: 10am-6pm

Fort Myers Beach Community Pool

2600 Oak St.

Fort Myers Beach, FL 33931

239-463-5759

Bay Oaks Recreation Center

2731 Oaks St.

Fort Myers Beach, FL 33931

239-765-4222

Town of Fort Myers Beach

2523 Estero Blvd.

Fort Myers Beach, FL 33931

239-765-0202

Newton Park

4610 Estero Blvd.

Fort Myers Beach, FL 33931

239-765-4222 (Bay Oaks)